

# 3 Effective Ways to Deal with Stress and Anxiety



**These three techniques can help you face your fears and get on with your life.**

Stress and anxiety are real problems in modern life - problems that can have profound and life-changing consequences. Some people turn to expensive and potentially dangerous drugs to fight their fears, but that treatment can cause its own problems. Others simply avoid the things that frighten them, giving up major parts of their lives in the process.

If you suffer from stress and anxiety in certain situations, there are other ways to deal with your fear. These three techniques can help you face your fears and get on with your life.

## **1. Use the Worst-Case Scenario to Your Advantage**

When you suffer from stress and anxiety in certain situations, it is only natural to imagine the worst-case scenario. Unfortunately, that imagining can make the situation even worse and cause the current situation to spiral out of control.

Instead of simply imagining the worst-case scenario, use it to your advantage. If you fear public speaking and worry that you will freeze up during an important presentation, you can work that into the program. Try starting your presentation, then pause and say something like "Where was I?", or

"What was my point again?". Your imagined worst-case scenario might have included the audience walking out or turning their backs. In reality, there will probably be nothing more than a little good-natured laughter. Once you see that the imagined catastrophe has not happened, you should be less nervous the next time.

## **2. Repeated Exposure in Safe Situations**

If you are afraid of elevators, the first ride in one could be terrifying, but the second one should be less fear-inducing. Simply exposing yourself to the fearful stimulus over and over again is one of the most effective ways to deal with stress and anxiety.

In the elevator example, you could look for a two or three-story building with an elevator and practice riding on it. Since the building is a small one, the ride is guaranteed to be short. You can expose yourself to the elevator over and over again until the fear lessens and you see that there is nothing to fear.

If your fear is of small spaces, you can do the exposure in the privacy of your own home. Just find the smallest closet in your home and practice going in and out until your comfort increases. As you get used to the sensation, you can start closing the door and even turning off the lights until you see that your previous fears have been unfounded.

## **3. Don't Think That You are Alone (or Unusual)**

It is easy to feel alone when you suffer from stress and anxiety. Even if you know that millions of others have the same fear of spiders, elevators or tight spaces, you may still feel like a freak. It is important to give yourself permission to worry occasionally. The key is to make sure that worry does not take over your life.

You may still suffer from a small amount of anxiety as you approach the bank of elevators or head into the conference room for your presentation, but you can use that fear to your advantage. Confronting the fear and overcoming it will make you stronger and more capable, not less so.

"Teach your child powerful anxiety relief techniques at [www.gozen.com](http://www.gozen.com)"